



Defining  
**EXCELLENCE**  
in the 21st Century

**VA Health Care Upstate New York  
VA Western New York Healthcare System**

3495 Bailey Avenue | Buffalo, NY 14215  
222 Richmond Avenue | Batavia, NY 14020  
[www.buffalo.va.gov](http://www.buffalo.va.gov)

**FOR IMMEDIATE RELEASE**

**Date: September 26, 2012**

Contact: Evangeline Conley, Public Affairs Officer  
Phone: (716) 862-8753 Cell: (716) 512-9338  
Fax: (716) 862-8755  
E-mail: [Evangeline.Conley@va.gov](mailto:Evangeline.Conley@va.gov)

**VA Western New York Healthcare System Creates “Victory StairWELL to Fitness”**

The Employee Wellness Committee at VA Western New York Healthcare System is providing an easy strategy for staying fit and developing a healthy lifestyle by creating the “Victory StairWELL to Fitness”.

As employees, patients, and visitors access this stairwell, they notice the bright, cheerfully colored walls with inspirational messages painted on each floor from VA’s National Healthy Living Messages. Among these messages are “Strive for Healthy Weight,” “Eat Wisely,” “Be Physically Active,” and “Manage Stress,” along with the Healthy Living Messages are motivating quotes to inspire stair climbers such as “Commit to Being Fit” and “Your Health Is Your Tomorrow.” The stairwell also contains speakers that play uplifting music and motivational pictures on the walls.

“I’m really excited about this stairwell,” said Jennifer Gernatt, a member of the Employee Wellness Committee and one who has been strongly devoted to this project. “It has me taking the stairs more than usual and I hope this motivates others to do the same.” The Victory StairWELL to Fitness” has impacted employees and visitors in a positive way. “I love it,” said Debbie Morris, an employee in Environmental Management. “It’s colorful, it lifts spirits, and you can sing along with the music.”

Everyone is invited to the Grand Opening and Ribbon Cutting Ceremony, taking place on Thursday, September 27 at noon at the Buffalo VA Medical Center, 3495 Bailey Avenue, Buffalo. The ceremony will take place at the first floor entrance to “Victory StairWELL to Fitness” which is located on the “A” Wing.

# # #